

GREAT BALLARD SCHOOL



Friday 27th September

OPEN DAY

& Macmillan Coffee Morning



Please join us for
our Macmillan Coffee
Morning and Open Day

*Open Day 10.30am to 1.00pm
and Macmillan Coffee Morning
between 10.30 and 11.30am*



IAPS Co-educational school for children aged from 2 - 13 Situated between Chichester and Arundel

New from Summer 2013 is our Forest School



www.greatballard.co.uk



Eartham House, Eartham, West Sussex 01243 814236 registrar@greatballard.co.uk

Bedrooms by feather & black



Come in store and discover our beautiful collections

Feather & Black, Terminus Road, Chichester, PO19 8ZZ

Tel: 01243 380 636 | www.featherandblack.com

★ Be the ★
ENVY
= OF YOUR NEIGHBOURS =

Russells Coastal ★ Quality Furniture

— EST. 1946 —

LET US HELP YOU TO TRANSFORM YOUR HOME INTO A STYLISH HAVEN



Russells 
[RUSSELLS GARDEN CENTRE]

RUSSELLS GARDEN CENTRE AND BOUTIQUE DELI - BIRDMHAM
FIND US ON THE ROAD TO WEST WITTERING BEACH
WWW.RUSSELLSGARDENCENTRE.COM

We need your views on the Council Tax Reduction Scheme

PSCPL across the Chichester District are encouraged to have their say on a Council Tax scheme which provides financial support to households on low incomes.

The requirement for Council Tax benefit – called Council Tax Reduction or CTR – was introduced in April 2009. As a result of changes to legislation, the council agreed to remove several tax discounts and exemptions for those with second homes and some empty properties in order to protect the most vulnerable from any cuts in funding.

The Council is asking all residents to take part in the public consultation which runs until Sunday 30 October 2013.

While no major changes are being recommended to the current scheme from April 2014, the council is proposing:

- to extend one of the second adult rebates for empty dwellings. This type of reduction applies when the person liable to pay the Council Tax has a second adult living with

them, who is not their partner and that person is on a low income or on tax benefit. The new discounts were accepted from April 2013, and:

- that the personal allowance, additional premiums and discounts used when calculating Council Tax Reduction are updated at line with inflation.

Councillor Tony Shipman, Cabinet Member for Finance in Chichester District Council, says: "It is vital to have everyone's views – including those not receiving support. We need to know if residents think we've got it right or whether there are areas that we need to look at again either with the current scheme or the new changes we are proposing."

More information about the scheme and a link to the online consultation can be found at: www.chichester.gov.uk/counciltax, or a paper copy can be requested by calling 01243 555193.

Learning Service proposals go before Select Committee

A PROPOSAL to change the way West Sussex County Council provides voluntary support services has been discussed at a Select Committee meeting at County Hall, Chichester.

The Learning Service Reviews was on the agenda of the Children and Young People's Services Select Committee when it met yesterday at the Chichester Hotel next to the town.

The meeting was webcast on the internet and will be of particular interest to Headteachers, school staff or anyone with an involvement in the education sector.

The reviews project has been under taken in order to keep pace of change to the way education is provided in the county, as schools independent of the County Council such as academies and free schools continue to emerge.

It is estimated that the amount the County Council receives in Education

Business Grant from the Government will decrease from £4m in the current year, to around £1m in 2014/15, with many schools going directly to schools such as academies.

The Learning Service needs to adapt to these changes whilst still focusing on its statutory duties, such as ensuring sufficient places are available at schools, continuing to support schools to raise standards and supporting learners with Special Educational Needs.

The Select Committee will look at the progress made with the project and the various options being considered for the future, and will make recommendations to the Chichester Members for Children. Stuart de Lisle before he makes a final decision on the proposals.

Committee Chairmen, Richard Smart, said: "This is an important project which will significantly change the way the County Council provides education support services."

Transition Chichester's third annual Green Fair a massive success

WITH SUNDAY AFTERNOON, a specialist market, the town centre, local producers, both local trading, both green, home-made produce and clothing, and so much more, last year's third annual Green Fair was bustling to the doors with activity, stalls and information. Local not for profit and voluntary groups, Transition Chichester, attended, a welcoming group of visitors to the event that took place on

Saturday at the Assembly Rooms in North Street. What has been presented a host of TG events so far, including a community-owned, renewable energy project, community garden and a community orchard in 14 days – due to be planted this winter.

For the first time that year the event had a special corner with no motor traffic on green painting, natural beekeeping and ethical business. Other

not for profit that had stalls on the day included Chichester, Chichester and Chichester City Centre for Ethical Local produce, and added their own including local organic vegetable producers Veg Out and Hapless Organics. Local also attended the event including both local with children, talking about their ethical policies on regards to sustainable packaging and down to crowds with their

eye-catching smoothie bar. The event was sponsored by the Mothership Group, Chichester City Council, Midway and Goodwood.

Transition Chichester Project Worker Ellen Carroll said: "It was so pleased with how this year's Green Fair went, the event is growing year on year and it was fantastic to have so many people through the door in 2013."

VINTAGE AND VERY NICE



SATURDAY 28TH SEPTEMBER SATURDAY 18TH JANUARY

FREE
ENTRY

Gowns Beauty
Hats Stationery
Jewellery Suits
Photographs Food
Favours Flowers
Bouquets Cakes
Gifts Inspiration

WEDDING BAZAAR

ASSEMBLY ROOMS, NORTH STREET, CHICHESTER

WWW.VINTAGEANDVERYNICE.CO.UK

10 - 4

OUTSIDEinterests

2 Barnham Road, Barnham,
Bognor Regis, West Sussex PO22 0ES



01243 553334

QUALITY BESPOKE CONSERVATORIES... JUST SOME EXAMPLES

PVCu			
			
4m x 3.1m - £10,695	3.9m x 3.5m - £17,945	5.2m x 3.2m - £19,905	6.7m x 3.4m - £19,895
			
2.8m x 2.5m - £10,545	3.4m x 3.0m - £13,535	4.0m x 3.0m - £14,025	4.3m x 3.2m - £17,895
			
4.7m x 2.2m - £16,495	4.0m x 3.0m - £12,495	6.5m x 4.2m - £28,505	5.4m x 3.5m - £14,595
HARDWOOD			
			
4.0m x 4.2m - £26,595	4.5m x 4.1m - £27,995	3.9m x 4.5m - £26,785	6.2m x 4.7m - £24,595

ALL PRICES INCLUDE ALL BUILDING WORK (subject to survey), INSTALLATION & VAT.

ALL PVCu CONSERVATORY PRICES INCLUDE ULTRAFRAME ROOFS WITH POLYCARBONATE ROOF SHEETS AND LOW 'E' GLASS TO SIDES.
FOR HIGH PERFORMANCE, SELF-CLEANING, SOLAR CONTROL ROOF GLASS, ADD APPROXIMATELY 10%.

Call today and quote HERALD for a no obligation survey & quotation or visit our showroom with 9 conservatories on display

enquiries@outsideinterests.co.uk
www.outsideinterests.co.uk

Community celebrates centre's 10th anniversary

RESIDENTS from Southbourne and beyond joined together to celebrate 'Healthy Lovers' 10th anniversary on Sunday.

The Lovers Centre, which is run by Chichester District Council, organised a family day of fun activities.

The day provided local residents with a chance to experience the state-of-the-art facilities that are offered at the centre - including baby ballet, martial arts, boxing, gymnastics and football.

The sports hall was also filled with a popular family craft, a raffle and even a go-kart track. In the afternoon, the go-karts were replaced by balloons and shortbread biscuits and table tennis was also available throughout the day.

Adults watching the events were able to try pool, yoga and baby blues, as well as taking part in a rowing challenge.

Former Prime also attended the event and was on hand to discuss regional issues that residents had. They also wanted children to see the police car and try out the alarm.

Visitors were also offered a free health check and could even enjoy a picnic from Chichester's 'Mall Farm' team.

"The day was great success," says Stuart Mills, Manager of 'Healthy Lovers' Centre.

"We tried to make something for everyone and the feedback we received was really positive. The Lovers Centre run by our local clubs was really popular, with many children waiting to try it."



The community centre in Southbourne celebrated its 10th anniversary with a family day of fun activities. Photo: Chichester Herald



"This kind of day is a big part of the community and it was a great way of saying thank you to local residents for their support over the years," added Cllr Brian Lamb, Cabinet Member for Leisure, Wellbeing and Community Services.

"We hope that everyone enjoyed the day and that it has encouraged even more people

to use the centre and to try out the facilities that are available on their doorstep."

'Healthy Lovers' Centre is the home to many clubs and organisations. It provides a range of activities, sports, and recreational opportunities for people of all ages. It also offers a second Medical School, which helps people to get back on their feet

after a serious illness.

The centre has a large sports hall, dance studio, community room and a first class gym. It also has a tennis hall and tennis courts on the evenings and at weekends.

To find out more about the centre you can visit our website www.healthylovers.co.uk or call our gym.

Fitjoy opens its Doors to their Brand New Personal Training Studio. Welcome to J3

Infectious passion for health and fitness and we are on a mission to share it with you



"New Class" Fitmix"
Mondays 8-9:45pm
Focus on all aspects of training, TRX, Kettlebells, Battle-ropes and Tornado Balls @ J3 Studio

Fully equipped with all the latest and greatest in fitness equipment (this is not your average gym)

Experienced, highly qualified trainers, who are on a mission to get you **RESULTS**

Nutrition and lifestyle coaching body composition tests. We leave nothing to chance, you will see progress weekly

Access to this fantastic facility, we also have mobile trainers for home training

1-2-1 Training/ small effective group training for partners or friends

Top Male and female trainers
Hundreds of client testimonials



Offers we are too kind!
Free Initial Consultation (usually worth £40)
October only Personal Training for £25

Our Doors are Open to YOU

Contact: **James Fitzpatrick**
or Call: 07366153563

www.fitjoy.co.uk



WEDDING FAYRES LTD

PRESTIGIOUS EXHIBITIONS & EVENTS



WEDDING FAYRE

Sunday 29th September

Portsmouth Guildhall

~~Visit the Vintage Room from Hope n' Glorious~~

Bridal Fashion shows at 12 noon & 2.00 pm
featuring Bridal Gowns from Creatiques, Southsea and Cameo Brides, Drayton
Choreography by Manic Stage Productions.

Open from 10.30 am - 3.30 pm

Visit Our Website:
www.pmnweddingfayres.co.uk

Find Us On Facebook:
www.facebook.com/pmnweddingfayres

Email: info@pmnweddingfayres.co.uk

Cams Hall, Cams Hill
Fareham, Hampshire PO16 8AB

Paul: 07816 911 310
Karen: 07759 031 252
Office: 01329 227 437

Group viewings are a cross between the January sales and a game of poker



Allis
Moss

ON THE CASE

I've been a week of house hunting. I've been looking for a friend, Martin, who, as the ordinary scheme of things is a mature and capable adult, an overall winning journalist who anyone had things, opening windows on nearby worlds to let daylight into dark places. But not where those dark places happen to be in a property which the estate agent or "proud to be bringing to market, we were highly recommended". The prospect of playing that indoor-and-outdoor game has a man who would have a rare shot, which, against Godfather's Polish not just on his taste and tolerance. My first move into strong into a bank – of quivering jelly.

Dirty house
Moss appeared for help after being bitten last time. He'd ended up to treated

accommodation after he had to pull out. The first was genuine but the loss was "They're all like that in this street", outlined the agent heavily with a translucent, black web of the hand. He, they are 1. I put up a dozen savings, replacing such time that I was a friend on a money machine. Oh yes? "Not much a sale agent, having a long conversation along the line, I could have been, thinking One was and so, I accompanied Martin to see another flat. There was just one problem – the deep carpeted style hole in the outside wall. It looked like the housewife who'd bought Arundel Cards had been to action here too. That was a group meeting. Like key parties in the living room, they are all the rage. They are also looking, a cross between the January sales and playing poker, where you have to wait on the hands and read the minds of others, sitting down a lot of hours to wait a bidding war. This time, as a buyer, there was an extra shock for everyone. Another hole but this one was made instead of out. Martin had been warned there were no hidden walls. That there was no ceiling above them or less a leak had taken out a corner of plaster the size of Lake Michigan.

What's who
A while back, Dave, myself, someone to potentially transform current. After performing the broken houses of Harrow and leaving back the Maths for the back manager, I had settled on a mortgage and found a flat. The system and the reader would meet. "Another Guyton and I think you'll have a day, and the agent" "What he wanted to mention was that he and the vendor who wanted some were actually one and the same. Fortunately not all agents subscribe to the old stereotype.

Fables
Four out of every ten, not, someone's like identity in online dating. While some search a little person, others are making someone else like the someone in the room. When they're not by their people's marriage, they're compensating for friends, who've had their passport and purse stolen and disappeared from the (Dollars or Euros accepted) world in Africa – even though our media are our way out in Cardiff.

Holograms
One way to avoid one's own is to look away with the human element. That's what one local authority in North London

has done. He says two levels or below. Instead of having a computer, they're. Guyton on a telephone to get visitors with instructions like how to call a "By holding the button and keeping it held until the light" After spending a modest 15p on a call to their new civic centre, the council and the hologram was Guyton cheaper than one of those old, beloved business. Good to know that community spirit and social economy are alive and well at the town hall.

And finally
Not everyone is a hologram, up-off members, assembled, and or toll. There are some honest, decent souls about. But one purchase of the road has needed. Glen James was living on the streets of Boston in the US, where he found a bag with \$1,000 (25,000) in cash and terminal diagnosis. "What did he do?" He went to police station and handed it in. An officer had started by an adviser has been raised about three times the amount in the bag. Sometimes honesty pays its own reward. If not, it's a bit of the time.

Contact Allis at: allis.moss@chesterherald.co.uk

Living healthily- it might be easier than you think!



Dr David Edwards (Children's Centre Co-ordinator) and Nick Strahan (Family Outreach Work)

Living healthily is something that parents often struggle with in the age of fast food, computers and frantic living. It is hard enough juggling money, school, work, cleaning the house and generally holding the family together without worrying about exercise, healthy diet and having time for sleep and self health care!

But making time to live a healthier lifestyle is not as hard as you think.

A tiny small change can make a big difference to the chance of your child living longer. To here are some ideas for things that might help:

- Try spending at least one morning or afternoon outdoors in a park or garden or on the beach. It doesn't matter if it's raining, just put on your wellies and a raincoat – children love puddles. Running, climbing, swinging, sliding all help with your child's physical and emotional development, as well as encouraging them to eat vegetables better!
- If you have a car, turn it off (and the money) going to work in a quiet form of exercise (Chester Children's Family Hub, Children and Family Centre offers a free swimming session for under 10s on Monday mornings – drop in to find out more). Don't worry if you can't every week, just put it on as you can!
- The thought of making healthy, home-made food can seem like the last thing you want to do at the end of a busy day. Fast and fast food are much easier but they are often high in salt, fat and additives. Healthy meals don't have to be complicated and often don't take much longer to make than heating things up in the oven or microwave.

- Make sure that fast food isn't healthy. Try to make that healthy meal for the week. Instead of sausage, pork, chicken, baked carrot, broccoli, sweet potato (check out www.eatwell.gov.uk for more healthy information or talk with your health visitor). If children are introduced to these tastes early in their lives, they will continue to enjoy them as they get older and to eat more healthily throughout their lives.
- Try making home-made versions of your child's favourite foods. Healthy food is not all "fruit and veg"! If your children like pizza, make your own. Healthy make a perfectly good mince and pizza base and all you have to do is question some ingredients and give some cheese!

- Home-made healthy meals are very easy to make and are cheaper and more delicious than frozen ones.
- (Check out Let's Cook at the Children's Centre for more healthy food ideas!)
- Let your children make dinner with you at least once a week (it might be messy but it's worth it!)
- Children often say they don't like fruit or vegetables but if they're picked and chopped themselves, they're much more likely to



try them and will feel very proud that everyone is eating something they have helped to make. As a parent, you are the biggest influence on your child's life. If you model, eating and living on healthily, your children will want to copy you. Of course you can't change over night but sometimes small daily changes can make the biggest difference for you and your children. Do you want a great life?

For more information or support with parenting visit Chester's Family Hub, Children's Centre and Family Centre. Or please, email nick@familyhub.cheshire.nhs.uk or visit www.familyhub.cheshire.nhs.uk



Not Only Sofas

**IMMEDIATE
DELIVERY!**
From £99

Autumn Offers

THE KINGSTON

THE JUBEE (71x181)

**UNBELIEVABLE
OFFER**

**Only
£699**

(3+2) Recliner Suite (VELOUR)
loadable as 3+1+1

**UNBEATABLE
VALUE**

**Only
£199**

Cabin Bed
& Mattress

**Nobody Can
Touch This Price**

WING CHAIRS



**From
£269**



(handbuilt)

THE COLOGNE

Get this amazing high
quality wardrobe and chest



**For
Only
£299**

Includes single wardrobe and 4 drawer chest
(solid walnut look)

**CLICK CLACK
Sofa Bed**

**Special
Promo Price
£99**



Available in: Black, Brown & Red

**LEEKES SOLID WOOD DINING
FURNITURE** (Oak & Acorn)
LESS THAN HALF PRICE



**Further
20% off
all Market
Prices**



**5FT BURFORD
FAUX
LEATHER BED**

When you purchase a 5ft
Quality MATTRESS for £199



**Only
£15
From £210**



**CAROLINE
DINING TABLE
(GLASS TOP)
AND 4 CHAIRS**

**Now
Only
£299**

Unit 15 Castlegrove Bus, Pl.
Durban Rd, Bognor PO22 9QT

Open Monday - Saturday 10am to 4pm
Sunday 11am to 3pm

Tel: 01243 863363
www.notonlysofas.co.uk

Donation is timely reminder



One of the many rooms available on the new site from 200 to 204 for the 10th largest ward in the country (approximately 2,000 sq ft).

Eye Appeal for St Richard's Eye Clinic. The Friends are delighted by the news of the latest funds for vital ophthalmology equipment.

"Local Rotary Clubs have been very generous in helping the Friends raise your part", said Friends' Chairman, Jane Kossage, "and we really appreciate their support. It means very much to us that they have come part of the start of National Eye Health Week, when the importance of good early care is at the public eye. Right across to everyone, wherever their age or interests, from sport to art, watching TV or reading the newspaper – not to mention part getting to work or shopping and managing daily activities."

The Friends of Gloucester Hospital are hoping that National Eye Health Week will focus local attention on

screen for patients in this area, and the Friends are working to raise £100,000 overall. "We really support, patients will have access to faster, high-quality diagnostic services, saving them a difficult journey to Worthing or further afield."

"The Eye Appeal really will make a difference for so many people in the hope area around Gloucester, where eye problems are on the increase, mainly due to the aging population profile – but after disorders can affect any age group, and vision is essential disability. The donations all come, from top below to the over 90s", said Jane. "Visual impairment is one of the most frightening things anyone can experience, so it is vital that a comprehensive local service to individuals diagnosed and treat problems quickly. The Appeal is making progress, especially with a donation from the St. Q. Waddy Trust to provide a camera service, but we still need to find additional examination equipment. Each examination room costs £20,000 to equip, with specialist diagnostic items like a slit lamp system. £1,000 and a microscope about £2,000. Ophthalmology equipment is high-priced, and not to everyone, but it will last for many years."

National Eye Health Week came to raise awareness of the importance of seeing for our sight, through regular eye tests, good diet and exercise, protection from the sun

etc. – and to make everyone promptly eye-tested aware.

The Friends' Appeal has attracted support from local organisations with a particular interest in sight – Lions Club in the Gloucester Zone have pledged support, and donations have come from a number of local groups. Winning Quilts come to support the Appeal, bringing home much good eyeight studies to a ophthalmology, artists etc. Other recent donations have included a thoughtful contribution from a single who shared the opinion of a charity donation to the Friends' Eye Appeal among the items at their wedding gift list.

Donations can be made by cheque to the Friends of Gloucester Hospital Eye Appeal, Friends Office, St Richard's Hospital, Springfield Lane, Gloucester, PO3 0RE, or online at <https://frinstruments.com/donations>, <https://frinstruments.com/donations>.

The Friends have also agreed up to the Gloucester Branch of Royal Society, where supporters who sign up for a £20 monthly donation for a year by Direct Debit will have that matched by Westbury Action Area and Gloucester, in partnership with St James Community Foundation and Gloucester in Partnership, up to a maximum of £100. <https://localgiving.com/donors/frinstruments Gloucester> For the UK tax papers, a 25% APT APT donation on top of each donation makes it 25-0000 further.

NATIONAL EYE HEALTH WEEK has begun locally with an announcement that the Rotary Club of Hagley began to give. Eye tests for the Friends of Gloucester Hospital

their Appeal and help them to raise funds for St Richard's new Eye Clinic. Opened late in 2012, the clinic will enable vital diagnostic equipment to provide the planned expanded






Rebekah Grace
PHOTOGRAPHY
www.rebekahgracephotography.co.uk
Tel 01243 775329
Mobile 0798348469

...they are only this little...
for a little while...

Specialist in corporate images
of your tiny baby

SPECIAL OFFER

£195
A NEW BORN FINE ART
PHOTOGRAPHY SESSION*

Up to a 3 hour fine art New Born Session & Doc of images
Voucher Code NEWS195

*BIRTH & BIRTH TO 12 HRS ONLY. All orders received before 4pm on 27/09/2013. 25% discount on all bookings. Book by 10pm on 27/09/2013. Please email rebecca@rebekahgracephotography.co.uk for more info. All of images received in a 24 hour period. All items are delivered on 10/10/2013.

As the days get colder could you let a rabbit warm your heart?



Cat and Rabbit Rescue Centre

As Autumn approaches and it begins to get colder at The Centre we had to notice a drop in rabbit numbers. This could be down to potential rabbit owners not being the idea of going out to look after their rabbits in the cold or rain. Great rabbits and guinea pigs come to our large glass house in the Winter, as they are out of the cold and cold, it also means the rabbit numbers are better before the Spring. Rabbits can live out all year, but must be protected against the wind, let an inside space when better for winter and rabbit. Pepperoni at 3 years old weighed 10.5kg and, and in a really cute character. He saved himself from the winter when dogs kept barking him. Pepperoni has a very unusual condition in rabbits called malocclusion, which requires him to have regular dental checks, this would be covered by The Centre's vet at no cost to the adopter.

Pink and Spawton, both white neutered male rabbits, who live separately and are looking for new long term with



Spawton, a white neutered male rabbit, sitting in a new bed with hay and straw.

special friends

If you are thinking about adopting a rabbit or guinea pig, you may find every Monday between 10am - 12pm, all rabbits are subject to a guinea pig visit. The rabbits are neutered, and vaccinated, and come with a 12-month pet insurance. There is a minimum donation of £10 per rabbit. No only rabbits rabbits can be adopted by guinea pigs. A second rabbit already. We also have the best and expertise to look rabbits giving them the best chance possible.

Cat and Rabbit Rescue Centre, Holloway Lodge, Chelster Lane, Huddersfield, Chelster, HD15 2SL. www.crrc.co.uk Tel: 01484 641493

Bright Future for hardworking students at Midhurst Rother College

NEAR ON 15000 the Work Experience Programme which takes place each summer at Midhurst Rother College goes from strength to strength. This is with the phenomenal support of local businesses all of which have very positive stories to tell about the College students who have not only worked hard during their time with them, but as many cases have made a difference. That is not all. Since the College opened its doors nearly five years ago the Work Experience programme has developed successfully through the enthusiasm of the students themselves and their determination to secure placements that they will enjoy, and that will provide a pathway to future success.

Preparing students for the world of work is key within the MRC ethos. This is supported particularly by students, as they reach Year 12 and begin to think seriously about possible careers and particularly about the qualifications they will need to achieve their ambitions.

Only one year is an exception, the Year 10 Students and the 10 Year 12s who weren't taking part in a College Community Enterprise in Tisbury, and so the scheme is compulsory. Even more encouraging was that many part time jobs were secured on the strength of the experience work and apprenticeships were offered to others once their studies were over.

Many never been into a school – from agriculture to archaeology, from laboratory, from laboratory, sports centre, from laboratory. Here are just some examples of the roles as the different organisations that supported Midhurst Rother College students in the summer of 2013.

Col Williams, General and Work Experience Co-ordinator, said: "I'm proud and pleased students who have worked out for the community have built such a good track record for us that local businesses and the further ahead are very supportive and welcoming when we introduce the scheme each year."



Students in action: George Fournier in a car workshop; Emily Smith in a food preparation area; and a student in a laboratory.





Get fit, have fun and feel healthy

Join anytime in September for just £15 and pay no monthly fee until 1 October 2013

Westgate Leisure
MEMBERSHIP

Westgate Leisure offers some of the best health and fitness facilities on the south coast and our fully qualified team can help you achieve your goals.

Get fit in our gyms and classes, **have fun** in our swimming pools, feel **healthy** in our Health Suite.

Westgate Leisure Chichester our Premier membership includes:

- Unlimited use of the gym facilities, sauna, steam, spa's, swimming, fitness classes and racket sports at Westgate Leisure Chichester
- Unlimited use of gym facilities, fitness classes and to use at Westgate Leisure Bournemouth
- Free parking

Membership from £18.40 per month

Westgate Leisure Bournemouth offer includes:

- Unlimited use of gym facilities and tennis courts
- All fitness classes including yoga, pilates and aerobics

Membership from as little as £14.30 per month with no contractual fee.




For more information call T 01243 785654 or visit www.westgateleisure.co.uk

EXCLUSIVE OFFERS FROM BRITANNIA WINDOWS

TRANSFORM YOUR HOME FOR LESS

**UP TO 45% off
WINDOWS**

DOORS FROM £599
Including VAT & Fitting!

**Aluminium & PVCu
Bi-fold Doors**

**Huge Savings on
Conservatories
& Orangeries**

VISIT OUR ROSE GREEN SHOWROOM

01243 268777

www.BritanniaWindows.co.uk



**BRITANNIA
CONSERVATORIES
WINDOWS • DOORS**

Chichester Business

FOLLOW US ON TWITTER
@chichesterhd



Targeting those stubborn areas

AT HOMES at the Harriet, Chichester, you will find a unique approach to targeted diet evaluation. You would be greeted by a trained Harriet coach where you would discuss in confidence a realistic time frame for you to reach your goals with weight loss, you would receive top quality support programs or food designed to start a course of Hygiene awareness which it was the right time of weight loss program for your particular needs.

In our stylish private studio you will find the help & guidance you need to lose the inches from those stubborn areas (stomach, waist, hips, buttocks & thighs). Even if you have been struggling a year for many months it is impossible to lose the shape you are looking for. You would be required to attend our studio 3 times a week for a 12-week session that last 30 minutes on one of our sessions. The Hygiene Healthcare is available for both men & all ages & levels.



of fitness, the level of assessment for to achieve is a real success.

We have four different diets which we discuss in confidence, what a member or want to improve the condition which is then will help to improve skin tone & health and help eliminate toxins, protecting lymphatic drainage, reduce the risk of acid excess and you will start to target stubborn fat deposits. Like all forms of exercise we would advise you to follow a healthy eating plan.

SPECIAL PROMOTION - QUOTE CHI HERALD 6 SESSIONS FOR £198

(Offer valid £200 booked and taken by 31/10/13 Hygiene@Chichester)

Chinese food hygiene course is on the menu

AFROD hygiene and safety course delivered in Chinese has been on the menu at Chichester District Council.

The course, which is aimed at Chinese speaking restaurant owners within the district, aims to ensure that all food businesses have the ability to access the important training.

The Environmental Health Team at the council worked with Sussex charity, Transpire, to deliver the course in Chinese.

Learning materials were also translated into Chinese so that the catering staff can refer to on a daily basis. The aim is to help businesses achieve a maximum rating of five at the national Food Hygiene Scheme.

The national Food Hygiene Rating Scheme helps people to choose where to eat or buy food by giving them information about the hygiene standards in restaurants, cafes, takeaways, hotels and food shops. The council works closely with restaurants to improve food hygiene standards and help them achieve the highest possible score, which is a five.

Businesses are awarded a score of one to five. They are given a sticker and certificate, and are encouraged to display the sticker at the entrance to their premises. This means that customers can easily see the rating. Councillor Edwin Smith, Cabinet



Transpire, the charity which helped to deliver the course, says it is a big step towards ensuring that all Chinese speaking staff can access the training.

Member for Wellbeing, Leisure and Community Services at Chichester District Council, said: "We organised this course because our aim is to help local businesses reach the highest possible food hygiene standards. We wanted to make sure that all local food businesses are able to access training that will help them achieve that. The national rating scheme helps to give people confidence when they decide where to eat. This can be accessed on the internet, or by looking out for the green and black signs displayed at restaurant entrances."

For details on the Food Hygiene Rating Scheme visit www.food.gov.uk/hygiene-scheme/ or contact the Environmental Health Team on 01243 555668.

CHICHESTER Park Hotel
LEISURE CLUB
at Chichester Park Hotel

01243 817400

Our Leisure club is the perfect place to relax and unwind away from everyday pressure. You'll be able to enjoy a leisurely splash in the pool and if you really want to relax, there's the sauna and steam room too. Entry is free when you stay in the hotel.

To become a member of leisure club is easy, all you need to do is contact us and we'll be more than happy to help. **Membership is available for only £25.00 with no joining fee.**

Opening Times
Please note! Last entry is 30 minutes before closing.
Monday to Friday: 7:00am - 8:00pm
Saturday: 9:00am - 8:00pm
Sunday: 9:00am - 5:00pm

Chichester Park Hotel | Midway Lane | Chichester | PO19 1JL
Tel: 01243 817400 | www.chichesterparkhotel.com

The Chichester Park Hotel

Wedding Fair

Sunday 29th

September 11-3pm

Free Entry

Free Bridal Bags

Free Parking



FOLLOW US ON TWITTER
@chicbizmag

'Ground Force' Volunteers Help Aldingbourne Trust

SEVEN Volunteers from the H&B Back gave up a day of their time to volunteer and support local charity the Aldingbourne Trust. The team and motivated volunteers, Karen Davies, Stuart Richardson, Glen Elmsworth, Richard Insley, Neil Lewis, Caroline Martin and Mark Lewis spent the day at Milton Lodge, Goodwood, Sussex helping to decorate a bedstead, wash the plant beds and plant a variety of shrubs.

Manager Martin Pacey was amazed at just how much was achieved in one short a time. He said: "I am delighted that the H&B Back volunteered their time to help us, they have done a brilliant job. They have really enjoyed up the garden and fence and played with her re-upholstered bedstead and a really enjoying it all to everyone."

Stuart Bell, the Aldingbourne Trust's Volunteer Coordinator, said: "This was the first time that we have been involved with H&B Back in terms of corporate volunteering. It provided a change of environment for their staff, whilst helping out the Aldingbourne Trust on a job that they greatly required attention, and we are grateful for their staff's help and assistance. We look forward to working with H&B Back again in the future."



Stuart Bell, the Aldingbourne Trust's Volunteer Coordinator, said: "This was the first time that we have been involved with H&B Back in terms of corporate volunteering. It provided a change of environment for their staff, whilst helping out the Aldingbourne Trust on a job that they greatly required attention, and we are grateful for their staff's help and assistance. We look forward to working with H&B Back again in the future."

The Aldingbourne Trust is an award-winning charity, based in Trull House, Goodwood, and it is the first time that we have been involved with H&B Back in terms of corporate volunteering. It provided a change of environment for their staff, whilst helping out the Aldingbourne Trust on a job that they greatly required attention, and we are grateful for their staff's help and assistance. We look forward to working with H&B Back again in the future."

The Aldingbourne Trust is an award-winning charity, based in Trull House, Goodwood, and it is the first time that we have been involved with H&B Back in terms of corporate volunteering. It provided a change of environment for their staff, whilst helping out the Aldingbourne Trust on a job that they greatly required attention, and we are grateful for their staff's help and assistance. We look forward to working with H&B Back again in the future."

Chichester Business

Goodwood receives golfing accolade

GOODWOOD has been officially named as an England Regional Performance Centre by the England Golf Union, the greatest governing body of amateur golf in the UK. It is now just one of six such centres in England recognised for the outstanding coaching of elite under-18 girls and boys throughout the south east region.

Under the patronage of PGA Professional Ryan Fawcett, some of the country's most promising players will spend the Advanced Apprenticeship on Sport Excellence this winter, a two year graduate programme to develop and represent England at the future.

This is the second year Golf At Goodwood has run the AAGE programme which currently has more than 100 previous players going on to playing at sporting careers and approximately 100 women who have gone on to play at the highest level in America.

Ryan is delighted with the accolade he said: "It is great news that we have been recognised for our commitment and dedication to the development of young golfers at Golf At Goodwood at both grass roots and elite level."



The programme allows young male and female players to receive high quality golf coaching whilst also providing them with the understanding knowledge of what it takes to become elite sportspersons. They will learn the programme being worked out just on their golf but also on their physical conditioning, nutrition and mental game.

Many exactly the wisdom of Steve Carr, the Olympic medal-winning coach who has worked with four times Olympic Champion Sir Steve Nunn to the team of Golf At Goodwood has further strengthened the club's coaching credentials as they have developed a systematic approach to golf coaching that integrates the club with the services already on offer at the Golf Academy at the prestigious West Sussex resort.

New Open! New family-run interiors shop in Chichester Drapewise Interiors opens their doors for business in South Street

DRAPWISE INTERIORS, an independent family-run business, opened its doors to business just over two weeks ago at the end of South Street, Chichester. Their aim is to offer a personal and friendly service and to offer for all your soft furnishing needs.

Although new to the Chichester high street, the staff have well over 30 years of experience behind them and are specialists in made to measure curtains, pelmets and blinds. They are specialists for many prestigious homes across the South Coast, Hampshire and Sussex like Solihull, Harrogate and Sussex like Solihull.

Drapewise Interiors are located next to Café Mosaic in South Street and can help you create a stunning new look in your home. Whether it's a complete room re-design, soft furnishings to make your home more for winter or just a new pair of curtains, the team will meet with you every need from idea to implementation. There are ideas for all tastes and budgets as well as evening economies.

The Drapewise team, who have played with the concept of what they have received since they developed. "We take a lot of pride in the quality of our products and services and this shows in our approach to each and every customer we serve," he says. "Always we're measured up a standard home for jobs local and the local public have supported a real interest in the shop since we opened. Thick, natural fabric

have been really popular recently with customers making curtains and cushions in soft, cosy fabrics ready for winter."

Although Drapewise Interiors are located next to Café Mosaic in South Street and can help you create a stunning new look in your home. Whether it's a complete room re-design, soft furnishings to make your home more for winter or just a new pair of curtains, the team will meet with you every need from idea to implementation. There are ideas for all tastes and budgets as well as evening economies.

The Drapewise team, who have played with the concept of what they have received since they developed. "We take a lot of pride in the quality of our products and services and this shows in our approach to each and every customer we serve," he says. "Always we're measured up a standard home for jobs local and the local public have supported a real interest in the shop since we opened. Thick, natural fabric



As a trusted company amongst both the public and business, Drapewise Interiors offer the services to dedicated customers across south east England.

Offering a full fitting service with free to home measuring, estimating and advice on all interior design, Drapewise Interiors are more than just an interiors shop, but a one-

stop shop for all your interior needs from concept to completion.

Discover for yourself just why Drapewise Interiors are so popular, by visiting their showroom at job South Street, Chichester. Alternatively, you can call the friendly team at the 01243 850000.

Food & Drink

FOLLOW US ON TWITTER

@chichester



Haute cuisine at affordable prices Authentic French cuisine to suit all tastes



TALK THROUGH the beautifully distributed multi grey tones of Cafe, Chichester, and you are greeted by friendly staff and the delicious smells of a chef who's French-style dishes, freshly baked bread and freshly ground coffee. Despite it being a Monday night, most tables are taken and the restaurant is nearly full. After ordering a glass of the house Pinot Grigio and sampling some of the starter

dishes, it is clear why Cafe is so popular and has been voted 'Top Value Restaurant in Britain' in 2012. The dinner evenings French with a contemporary edge offering comfortable and relaxed dining. The friendly and knowledgeable staff are attentive and clearly passionate about the menu which they all seem to have tried as part of their training. Refreshing as most nights there are in the chilled table, water served on every table as well as individual tea light sparkling silver ware and crisp cotton napkins.

Dishes being part of a seasonal choice, quality is clearly a daily commitment to create a unique and memorable dining experience, with great care taken over everyday service including creative presentation, fresh ingredients and thoughtful presentation. Other dishes are prepared on site including sensory recipes created with wine, a Purpore and creamed spinach and the daily, mouth watering citrus sorbet made from fresh lemons. The dinner choice is vast and varied with many vegetarian options, as well as meat, seafood and fish, all offering a continental touch. The delicious starter was well presented on a rustic wooden board with

accompanying tartar sauce, fresh, tender and almost large enough for a main course. The accompanying potatoes were also a favourite, potatoes were skinned and cooked to perfection in a light and rich infused sauce. There is a main choice of seven to complement different tastes, from rich, hearty ribs and a hearty flame to light and floral sparkling white, many of which can be bought by the glass or bottle. Smooth and sweet French desert wines are included as the desert course to accompany the delicious choice of puddings, of which our favourite was the liquid, vanilla chocolate fondant served warm with vanilla ice cream and chocolate sauce. Those with a sweet tooth would certainly not be disappointed. Christmas menus and bookings are available from October.

For more information, reservations and sample menus, visit www.cafe-restaurant.co.uk.
Cafe
10 South Street, Chichester
West Sussex PO19 1BS
Tel: 01243 831114
Email: chichester@cafe-restaurant.co.uk



Delicious multi-course menu with luxury top restaurant and a variety of seasonal dishes

FOOD AND RESTAURANT REVIEW

Portion size: Just right

Service: Pleasant yet attentive

Value for money: Excellent and affordable, being up to the standard from 2009

Ambience: Casual on every table, clean and comfortable



Quote Chichester
here! when you
book and get a bottle
of fizz for each table



Christmas Party Nights at CHICHESTER GOLF CLUB

The perfect venue for a great night out!
Enjoy an excellent 3-course homecooked meal and
disco with dancing until midnight.

Book for a small group or hire the room exclusively for up to 60 people.

Plenty of free parking on site and only two miles outside Chichester.

Rates

£24.95—Thursday nights or £31.95—Friday & Saturday nights

For more information or to make a booking please contact Katie Scopes on 01243 536666

or email katie.scopes@chichestergolf.com

Hunston Village, Chichester, West Sussex, PO20 1AX

"Remember to quote Chichester for your free fizz!!"

Reservations
01243 778000
christmas@theshiphotel.net

Christmas

at The Ship Hotel Chichester

Celebrate Christmas 2013 with your work colleagues,
family or friends at the fabulous Ship Hotel Chichester.

Please call us for Christmas party nights, Christmas
private dining, Christmas Day & New Years Eve banquets,
accommodation packages and boxing day brunch.

The Ship's Christmas Party Menu

(Full A La Carte menu is also available during December)

Christmas Party nights are every Thursday, Friday and Saturday
from 20th November to 31st December

Starters

Herbed vegetable and whitebean soup
Smoked salmon roulade - capocollo of beefsteak and vodka cream trache
Clementine, lemon, kalamata olive and fennel salad
Chicken and shiitake mushrooms pasta, kumquat marinade, rustic bread

Main

Slow cooked lamb fillet, potato mousseline, softie and thalot puree
Roast turkey, pigs in blankets, roast potatoes and cranberry sauce
Oven baked beam, beet and sun blushed tomato cumber, crushed new
potatoes and potato dressing

Griddled halibut with lentils, cous cous and festive spiced seeds

All main courses are served with cauliflower cheese
and vegetable puree

Desserts

Christmas pudding and brandy sauce
Lemon and lime tart with amaretti
Chocolate and kirsch mousse
Mango and pomegranate pavlova
Stilton with biscuits and port chutney

Christmas Day
Boxing Day &
New Years Eve
Menu available

The Ship Hotel, North Street, Chichester, West Sussex PO19 1NH
Tel: +44 (0)1243 778000 Email: christmas@theshiphotel.net

*£39 per person for Christmas Party Night
£27.50 per person for lunch or dinner
£33 per person for private dining*



What is an Aurashield?

DRUGS JUST had the most beautiful weekend Saturday all day I did my kids level of training. It was so wonderful and sweetly when I needed it that time in my life. I don't want to pretend as much, but just use it as everyday life as my children, family and friends. The one thing I really love about it is my belief of spiritual protection. They then might seem a bit intense for some of you, and some of my own completely normal. However, while I am in the water, please state I am going to show a small bit of information with you and it's up to you what you do with it.

I am sure most of us have experienced the feeling of instant dislike when you meet someone or had an uncomfortable feeling about a crowd. What if we have also experienced other people shouting and being abusive towards us. Well, there is a very good method of using faith to protect you from these types of negative energies. As you know the more negative energy you have, the more normally outside a few feet from the body. Generally, when interacting with other people, whether they are hostile, your own will struggle with other people's own. The power of the energy will cause people who are at least as low as every negative feeling for each other are instantly harmful. The



Denise Kelly

problem occurs when you meet people who are not compatible with you, people who are energy leaders, or you are forced into an experience etc.

Why an Aurashield? Let me give some examples:

- You meet someone that you instantly dislike. This person could be the last type as they try to "test" your energy source as your own energy.

- You are in a crowd or using a public transport system or similar, your name is followed by many other people, or an Aurashield that feels like something is not.

- You get down into an argument and you are feeling that the other person's words are hurting and making you uncomfortable. That person is forcing negative energy towards

you which will have an effect on your own. Use faith to make an Aurashield and protect yourself!

What is an Aurashield? The best analogy I can give will be from something like Star Trek, Harry Potter or some similar Science Fiction story. What protection do most people have? Force fields or shields? Your own source of pure energy, the link to create your own aura or "force field" that does not let any negative energies in or out. As it is their problem as your own source that counts. If you want you can stop negative energies in or out.

Shield up - Make your own Aurashield. Here allow you to do it. When you feel you need to protect yourself, just visualize that the outer edge of your aura goes hard like a force field covering you from head to toe. Nothing can get in and nothing can get out. In my Aurashield I have included but not negative energy directed at me should become



back to the sender as positive energy. This can make many conflicts easier. Experiment and see what works for you or simply use and research more on the wonderful world of energy healing!

Denise Kelly is a BANT (British Association of Nutrition and Therapists) registered Nutritional Therapist. She writes Nutrition Programs for a variety of organizations and has a private practice in Chichester, West Sussex. And is the founder of KPT Kids. Tel: 01243 401404 www.denisekelly.co.uk

What makes a great thinker?

Some leaders are remarkable for their ideas. When you meet an exceptional one you get home, from the moment they have their hands on you, that whatever the ideas, they are it.

Men give up on the way they look at 46 - women power through to 59

MEN GIVE UP on the way they look at the age of just 46 - which means keep up appearance for over a decade longer, it has been revealed. Surprising health, lack of physical fitness and not being bothered about trends or what's deemed cool - were the biggest factors for making giving up.

Just women reject the effort to for a full 15 years longer - forcing hard on their appearance and general fitness and at least 10 years before beginning to relax their standards.

The research, commissioned by the health & wellbeing brand Bonatone Health, also found women were nearly twice as likely to build confidence in their image, with more than one third unable to date they were at least content with their appearance.

It also emerged one third of the 1,500 men and women who took part in the study blamed a lack of happiness in contributing to their low confidence levels in the way they look.

Paul Kemm of Bonatone Health said: "Our survey points that maintaining our physical wellbeing into our later years simply becomes a lesser priority - influenced by wanting to relax and comfort and not have to keep up with trends.

And men appear to grow up the cause that is. It regularly read in the news about how we are all living longer - thanks to improvements in medical science.

But how many of us are taking proactive steps to ensure our basic health and wellbeing remains in shape as we grow older?

"Are we actually any healthier women as a result to last our longevity?"

More than half of those surveyed and they aren't in great shape physically, whilst a third have never been the type to bother with doing exercise.

Another third stop worrying about the fact they are not in the best shape they think.

Other factors contributing to letting health and appearance take a downward spiral were a preference for comfort over style and an unwillingness to invest in keeping up with anything deemed trendy or fashionable.

And one in four people were of the belief that keeping healthy and looking good costs too much money and is too big a commitment.

An exception arose in two men didn't worry regularly about the way they look, while more than half said they don't really like any type in their appearance.

That perhaps explains why one in three said they don't mind their weight they like and don't really consider health expenditure in regards to their diet.

And as well as giving up on appearance, nearly half have a constant health say they've been bothered with for a long time and have given up trying to deal as improve it.

While two-thirds of people think it's normal to give up on anything about appearance once someone has a serious problem.

And 21% of those who are married value their thoughts, and not their appearance as



their looks as important as much as they do their physical health.

In fact, it takes a little over two years (on average) after a wedding before the average person said they stopped bothering about their looks.

Paul Kemm added: "We know that many people do look after their health, wellbeing and physical appearance - but it's shocking news that a third have never been the type to take care with doing exercise and more than half think they are not in great shape

physically.

"And what is the reason? One in four people think that staying healthy costs too much money and is too big a commitment. But as there is really very little nothing in life but one can't compare to, or when water is cheap and alcohol prices are rising.

"It's not only on health care costs to provide support constantly reduce - also taking responsibility for creating the best possible environment conditions for good physical health."

Advertise. Publish. Easy.

Tappit

You can't knock it.

Visit www.tappit.co.uk to get a FREE account and start creating an advert in just a few easy steps...



Category



Location



Date



Logo



Content



Publish

Get the Free Tappit App.



Up-to-the-minute information about what's happening where you are...

- ▶ Location-based news, info, offers & deals.
- ▶ Favourite your interests for future alerts.
- ▶ Customise what you want to see.



Available on the
App Store



ANDROID APP ON
Google play



Fashion & Lifestyle

FOLLOW US ON TWITTER

@chloesworld



If you want to get ahead at work, dress like your colleagues



THE SECRET of getting ahead in the workplace is simple – dress like your colleagues, new research reveals.

Deborahs has found that dressing

the corporate ladder isn't just about putting in the hours and being boring. Staff need to dress in a way – and more specifically, like their boss or colleagues.

This has led to a new office trend of "work wear": the byword for the new season.

The number surveyed 5,000 people on work place dressing and are in two (six) and that dressing like their colleagues created a better team spirit and a higher level of productivity.

Half of those (51%) said that they were heavily influenced by what their managers and colleagues wear to work, while a third (33%) said their boss deliberately kept the new dress code and plan to wear them in the same way.

58% of people surveyed found themselves regularly dressing like their colleagues on average a 3.5 days per week – a subconscious action that is a reaction to spending so much time together.

Chocolate shirt, Pringle's and "Blue Mondays" are popular with bosses, while female workers have been fans of "Monochrome Mondays" and "Yoni

Pringle's"

The majority of managers surveyed (68%) also said that staff with a similar style to their own dressed points and were more on their radar.

Spokesperson for Debenhams said "It's not a surprise. The trend for workplace appearance has been on the increase and is now a running joke in most offices where colleagues turn up in a similar style."

"The standard is usually set by the boss on the style expected for work and then the rest of the workplace follows suit."

Anyway will be returning back to work this week after the summer break, how to dress will be back on the agenda, especially after a lot of summer of casual work dressing.

Debenhams has seen workwear as its sales highlight in the last month as people prepare to return to the office.

Top trends were across the work place including trenchcoats, neckties and even animal print depending on place of work.

Designer at Debenhams Be De Laun says, "For a key trend this season expect good value for a strong look – they are the perfect way to brighten any work wardrobe."

People appear from the University of Hertfordshire Dr Karen Paine says,

"Humans tend to be drawn to people who are like them, so there's a difference that is perceived in the workplace. People feel safer when they dress alike."

"They are trusting their need to belong to the group. A signal that shows the same style of dress for work is a subliminal factor of culture within the organisation or a high need for conformity."

"Dress often appears and promotes people who are like them. It's not an accident for dressing members that resemble existing ones. Clothes are a shorthand for who we are and what we are like, but research shows they can also change the way we're perceived."

"So dressing like the boss may bring out a person's leadership personality. It could even subconsciously influence others to wear clothes in a similar way. You could say that people who dress like their superior have found a smart way to get noticed and accepted."

"As many graduates will be starting their first jobs this week, the age-old ad of 'Dress for the job you want, not the job you have' is still as valid as ever." Concluded Paine.

Horoscopes



Aries 21 March – 20 April

Changes are happening in the domestic sphere and although they may be for the better they are a little too rapid for you thing. Divorced it's time to stop your judgment or cut your own nose. Remember that not only do you express your opinion but you are allowed to. This week there is some fantastic financial news.



Taurus 21 April – 21 May

There is a bit of a romantic ferocity between your two. You will find yourself building this way and that emotionally before things finally settle down and you can determine what it is you want. Others may not be happy with your decision but if you feel comfortable find your truth, make some positive allies at work this week.



Gemini 22 May – 21 June

You feel unsettled on all aspects of your life there appears to be a lot of long thinking at the moment. This is a limitation time at work and there is no escape when you get home. And more drama. Hang in there. That person you just met will be an influence in changing things for the better.



Horoscopes from Kimi
27th Sept – 3rd Oct



Cancer 22 June – 22 July

Things look better for you this week as you have more energy and if you play your cards right you will be getting more support, particularly at work. Just make sure that you won't get too greedy any help offered and don't let too critical of how others compare. Get a good week to let your "hell don't make sense" fun.



Leo 23 July – 22 Aug

Willow. Bew careful. You are not the only employee, neither are you the only one. It's great that you still like the money and others imagine. This last you will be rewarded that you can develop things. This week is a time spent this week should be you make some useful contacts and are taking your time out.



Virgo 23 Aug – 22 Sept

This week you're building on the summer projects at work. You are not alone but do things and there should be some good news. Invitations to a promotion, increased salary or the move you desire. Domestically things remain relatively calm. Health, years or someone else's, though not serious may be of concern.



Libra 23 Sept – 22 Oct

If you are single you may meet someone new this week that could be a future love interest. If you are with someone then take a deep breath because your partner may be about to tell you they want to move things on. Get ready the L word or even the M word may be used.



Scorpio 24 Oct – 22 Nov

It's all going on in harmony. It won't work you seem to be together a great ally but a great someone better and you are given the opportunity to start the show. Socially there is lots of fun to be had. There are many jobs on offer so you are a charming and popular addition is very party.



Sagittarius 23 Nov – 22 Dec

The week is about new experiences and opportunities. Don't pass up because they may

bring unexpected and exciting experiences and rewards. You may see a little out of your comfort zone at the start or at the top side. Embrace the change and good for yourself. Someone you meet at one of these events may just know you away!



Capricorn 23 Dec – 21 Jan

You may be called upon to be a sympathetic ear or a mediator this week. There's okay to keep up your own state.



Aquarius 22 Jan – 21 Feb

Not quite. Others whisper but there are communication problems this week. This could be with a colleague or friend. It's a mark more likely to be with a loved one. All that is only needed is a little sympathy and for you both. Good week to reflect things and to give yourself a little of an image change.



Pisces 20 Feb – 20 March

Well the financial situation is looking a little better this week than last. You look back of my mind. A new acquaintance you may be putting you in a thinking a little too quickly I am not saying they are not worthy they may turn out to be a part of a group as joined with care.

On the water

ALL THE LATEST WATER
SPORTS NEWS IN CHICHESTER

Learn to Dingy Sail at CYC

CHICHESTER YACHT CLUB (CYC) situated on the lovely Chichester Harbour is an ideal club to learn to sail a dinghy. They offer the excitement of sailing but in a sheltered safe environment, ideal for their family ethos and particularly the youngsters, but, when you get the bug, and if you want to race there is plenty of boat competition. For those who prefer dinghy cruising, the harbour channels of Pothorpe, Bosham, Thorney and Eastward provide outstanding scenery in the area of natural beauty with a picnic at East Head always a treat.

As well as dinghy Power Boat Instruction (RIBs) up to RIB Power Boat Level 3 and the international Honda RIB Challenge on the optional. CYC is an accredited Royal Yachting Association (RYA) Training Centre where you can learn to sail a dinghy or drive a RIB on twelve four day courses, all with qualified instructors, safety boats and one teacher. The Sport Governing Body (SSG) guidelines. You'll be taught to sail in the RYA RIB Training Club syllabus. That of course when you're learnt to sail, CYC would

like you to join them! The ethos of the club is very much family oriented and as soon as the youngsters can sail a dinghy course efficiently they are encouraged to join to sail the coast.

During course there is lots of continuous teaching and training available including 0-pps for the parents, RYA Chameleon for youth, Adult Participation, Waves on the Water, 'free sailing' in the summer with a safety boat on hand for the less confident, likewise with After School Sailing for the parents. If you have not yet contacted to a dinghy there are Oyster, Topper, Puma, Laser Standard and a Laser course to learn.

Adult course every second week there is a Sunday run to various areas of the year. In summer there are additional sessions on Wednesday, Friday or Saturday.

CYC is a great place to learn to sail, even if you're not one of their courses, but before you join!

The next Learn to Sail and training programme will be started in October on www.cyc.co.uk.



LANSDALE
MARINE & LEISURE LTD

01243 512 374
01243 512 328

Lansdale Marine

Let us help you make the most out of your time on the water

Lansdale Marine is a local firm's not business that has been trading for over 50 years.

We pride ourselves on the professional service that our team provide tailored to meet your needs.

Let us help you get the most out of your time on the water, if you need anything from a replacement part to a new boat, we are here to help!

We offer tailored engine servicing and parts, new boat sales, chandlery and equipment, boat maintenance, storage and we have recently become an RYA recognised training centre.



For more information, please visit our website:
www.lansdalemarine.co.uk

Lansdale Marine & Leisure Ltd, Premier Business Park,

Main Road, Bosham, West Sussex, PO20 7SU UK

e-mail: sales@lansdalemarine.co.uk Telephone: 01243 512374

SOLENT ENGINEERING SERVICES LTD

Specialist Marine and Architectural Fabrication and Welding



NOW
recruiting
Specialist
Welder
Fabricators

Proud
suppliers of
Stainless Steel
fabrication to
Southernly
Yachts



We cover all aspects of engineering from design to completion

www.solentengineering.co.uk

01243 512113

Unit 1-4 - Northgate Farm - Main Road - Bosham - West Sussex - PO20 7BT



FIND YOUR PERFECT PROPERTY
In Chichester & the surrounding areas

Property



FEATURE PROPERTY:
ALDWICK BAY ESTATE
£670,000

A spacious detached house situated in quiet, cul-de-sac of private income estate within 100 yards of the private beach. The current owners have carried out a comprehensive programme of extension and modernisation. GFH: a PVC double glazing fascias & soffits cavity wall insulation, cloakroom, lounge, dining rm, sitting rm, kitchen/diner, master bedroom with en suite bathroom, four further bedrooms, second bathroom, shower rm, balcony, integral garage and garden including a secluded courtyard garden with heated swimming pool. EPF rating is D.

For more information contact Covats Estate Agents on **01243 267026**
www.covats.co.uk/property



Green Deal helping to make homes more energy efficient

THE LATEST research shows that Green Deal assessments are helping to help people make their homes more energy efficient.

Research published today found that from a sample of households that had a Green Deal assessment, 6th of households have already, or in the process of, or aimed to install, at least one energy efficiency home improvement. 5th of households have already installed at least one measure, a further 4th are in the process of having installations, and 1th and they intend to have installations and install.

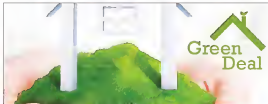
As well as increasing energy efficiency home improvements, the Green Deal assessments continue to be positive.

70th of people said their Green Deal assessment was highly useful.

70th of people had confidence in the recommendations made by their assessor, and 70th of people said they would recommend a Green Deal assessment to friends and family.

The new research also shows the range of different methods people are using to pay for work following a Green Deal assessment. Some are supported via the Energy Company Obligation (ECO) and others are using savings or regular income.

There is also evidence that as increasing number of households plan to use Green Deal finance, with 70th of those planning to install measures indicating they intend to take up a Green Deal Plan.



Energy and Climate Change Secretary Edward Davey said: "The clear that Green Deal assessments are helping people towards their homes more energy efficient. That is largely encouraging and exactly what the Green Deal is designed to do.

"Green Deal assessments are proving to be extremely valuable and are leading to householders installing or energy saving measures. Since people are using Green Deal finance others are paying in different ways. And of course people should be able to work towards that too.

"The Green Deal is a completely new, ambitious and long-term programme. It's still early days but the results from the latest

research really underlines that people want to take action to make their homes warmer and more efficient, and to keep their bills down."

Energy and Climate Change Minister Greg Barker added: "It is very encouraging that Green Deal assessments are enabling people to take action to make their homes more energy efficient."

"This new research further demonstrates that most people are finding Green Deal assessments to be helpful. It also underlines the desire to save money on energy bills as a main motivator for taking an assessment."

"The Green Deal is a long-term programme but the evidence is already showing that people are increasingly taking

to improve their homes."

Other key findings from the research include:

• 6th said their motivation for having an assessment was to save money on energy bills. 70th said it was clear which energy saving improvements were recommended during the assessment.

• 9th said it was clear what the improvements would entail.

• 70th said the cost was following an assessment was clear.

The research was conducted from a survey of 1,000 households that had a Green Deal assessment between 1st April and 30th June 2013.

READER OFFER

IDEAL HOME SHOW AT CHRISTMAS

EARLS COURT

15 NOVEMBER 2013

Adult & Senior Citizen £34 & Child £20

The Ideal Home Show Christmas is based on the same format as the London shows but with a 'Christmas twist' incorporating more gadgets, shopping and gifts in time for the busiest retail period of the year as well as featuring themed room sets offering style and advice on how to dress a home for the Christmas season. More than 400 exhibitors are expected to showcase their latest products.

Pick ups in Chichester, Rose Green, North Basset, Bognor, Falmham, Littlehampton & Rustington

Park Road, Bognor Regis, West Sussex, PO21 1PX

0
1
2
4
3
8
6
8
0
8
0

READER OFFER

ROBINSON CRUSOE & CARIBBEAN PIRATES

MAYFLOWER THEATRE

9 JANUARY 2014

Adult & Senior Citizen £36 & Child £34

Bring Conley aboard! Featuring fabulous sets, outrageous costumes and stunning special effects, along with a few surprises to shiver your timbers! Will Blackheart the Pirate manage to steal the treasure map from our hero Robinson Crusoe? Will Robinson Crusoe manage to defeat the mighty sea monster? Spice the main course, pull up the anchor, and don't get cast adrift. Book now for this wash-buckling pantomime adventure!

Seats in Stalls on Matinee performance.

Pick ups in Chichester, Rose Green, N. Basset, Bognor, Falmham, Littlehampton & Rustington

Park Road, Bognor Regis, West Sussex, PO21 1PX

0
1
2
4
3
8
6
8
0
8
0

coastguardsproperty



6 Coastguards Parade, Barrack Lane, Aldwick

www.coastguardsproperty.co.uk

Telephone: (01243) 267026

Email: office@coastguardsproperty.co.uk



ALDWICK

£586,000

An exceptional property situated in a sought-after location 200 yards to the beach. The very well presented property includes a spacious entrance hall, kitchen, living room, two bedrooms, a bathroom, a study, a garage and a large garden. The property is in excellent condition and offers a superb opportunity to purchase a high quality property in a prime location. EPC Rating: G



FORD

£755,000

A detached, single-story house with a large garden and a swimming pool. The property is in excellent condition and offers a superb opportunity to purchase a high quality property in a prime location. EPC Rating: E



ALDWICK BAY ESTATE

£450,000

A detached, single-story house with a large garden and a swimming pool. The property is in excellent condition and offers a superb opportunity to purchase a high quality property in a prime location. EPC Rating: F



ALDWICK BAY ESTATE

£275,000

An elegant 3 bedroom first floor flat in a sought-after location. The property is in excellent condition and offers a superb opportunity to purchase a high quality property in a prime location. EPC Rating: D



ALDWICK BAY ESTATE

£275,000

A three bedroom ground floor apartment situated in a quiet location. The property is in excellent condition and offers a superb opportunity to purchase a high quality property in a prime location. EPC Rating: D



ALDWICK BAY ESTATE

£270,000

A very well presented first floor apartment situated in a quiet location. The property is in excellent condition and offers a superb opportunity to purchase a high quality property in a prime location. EPC Rating: D



ALDWICK

£120,000

A one bedroom one bath property in the grounds of the Bay House. The property is in excellent condition and offers a superb opportunity to purchase a high quality property in a prime location. EPC Rating: D

As autumn approaches, don't hibernate - now is a great time to go house hunting

WITH THE onset of autumn and the darker nights not far away, don't be tempted to go into hibernation when it comes to house hunting.

The same applies if you are thinking about selling your home.

"It's a cliché but, at school and the office, for many of us we start for Christmas shopping once, so it is the perfect time to be looking for a new home or an independent estate agent and view the Harrods listing."

Autumn is a great time to get out there and see what is available before everyone gets bogged down with thinking about Christmas and the festive season, says Harrods development director Julia Crofton.

"One strategy to buyers is called as 'don't tell him' - if coming in to your mind then it's already been said to him."

Harrods Murray estate agents are currently working on the listing, and buying property, with estate agents being the primary mortgage deals and better information helping to make it as smooth as possible.

Here are some tips that may help:

• Tell your property through a reputable



agent, preferably one who is, like Harrods Murray, a member of the Property Ombudsman scheme and the National Association of Estate Agents.

• Decide on a definite location - how far are you willing to commute, what are the local schools like, is there a GP surgery or your favourite, or there is a bus service, etc.

• Always take a list of questions to your agent at a meeting.

• Do your homework - take advice around the area as well as checking out the local area.

• If you know it's right - move fast and put in an offer.

• Above all, know exactly what your estate agent.

Downton Abbey inspires a surge in sales of Edwardian style decor



EDWARTON Abbey has inspired a surge in sales of Edwardian style decor, as a surge in sales of Downton Abbey inspired a surge in sales of Edwardian style decor, as a surge in sales of Downton Abbey inspired a surge in sales of Edwardian style decor.

Sales of other Edwardian inspired decor have also risen, with chandeliers and cushions being up by more than 50% since August, while sales of Edwardian inspired dining screens have increased by 25%.

Edwardian dining screens are clearly

inspiring in true Downton Abbey style, with sales of elegant, ornate, dining screens on the rise and sales of Edwardian inspired chairs looking up by over 30%.

Edwardian style, says Helen Heywood, says, "It seems that the return of the nation's favourite drama has inspired fans to bring some of the period's style into their own homes. With over 1,000 Edwardian style items currently on the site, we offer the perfect platform for fans to become Downton inspired decor."



READER OFFER

KENSINGTON PALACE

FASHION RULES EXHIBITION & VICTORIA REVEALED

29 OCTOBER 2013

Adult £38, Senior Citizen £37 & Child £20

A glamorous new exhibition, **FASHION RULES** at Kensington Palace features rare and exquisite dresses from HM Queen Elizabeth II, Princess Margaret and Diana, Princess of Wales.

Regent dress displays will explore how these royal figures were representative of the spirit of each decade, reflecting and inspiring everyday fashions.

VICTORIA REVEALED is the first permanent story of Queen Victoria. In her own words, her story from childhood to old age will reveal her intimate private life set against her regal role and the conflicts this caused and dedication required of her as a person.

Pick up in Chichester, Bognor Regis, H. Berrard, Bognor, Fulham, Littlehampton & Basingstoke

Park Road, Bognor Regis, West Sussex, PO21 2PX

0
1
2
3
4
5
6
7
8
9



READER OFFER

GLASTONBURY

ILLUMINATED CARNIVAL

16 NOVEMBER 2013

Adult & Senior Citizen £30 & Child £24

See the most spectacular illuminated carnival in the world. With over 1000 entries including over 70 carnival floats parading through the streets of historic Glastonbury. Each float is up to 100ft in length and illuminated with thousands of brilliant lights, together with beautiful costumes and music.

Marching bands and carnival princesses. Spectacular rockets signal the start.

Not too be missed!!
Highly recommended.

Pick up in Chichester, Bognor Regis, H. Berrard, Bognor, Fulham, Littlehampton & Basingstoke

Park Road, Bognor Regis, West Sussex, PO21 2PX

0
1
2
3
4
5
6
7
8
9



Broadview
We've got it covered

**Custom Made Blinds,
Awnings & Shutters**



4 FOR 3

**BLINDS,
SHUTTERS AND
AWNINGS***

*Exclusions apply the lowest
priced item is FREE.

Offer ends
30th September.



Chichester 11 Eastgate Square, Chichester, West Sussex PO19 1JH • (01243) 792382

Bognor 44 Aldwick Road, Bognor Regis, West Sussex PO21 2PN • (01243) 824397

www.broadview.co.uk

*Free Promise - we will beat any quote on a like for like basis. Exclusions apply.



WEDDING FAYRE

Portsmouth Guildhall

Sunday 29th September 2013

Bridal Fashion shows at 12 noon & 2.00pm
featuring Bridal Gowns from Creatiques, Southsea and Cameo Brides, Drayton
Choreography by Manic Stage Productions.

Cars • Photography • Cakes • Florists
and so much more...!

Open from 10.30 am - 3.30 pm



Visit Our Website:
www.pnweddingfayres.co.uk

Ref: 07616 911 310
Karen 01759 038 252
Office 01329 227 457



WEDDING FAYRES LTD
Portsmouth Entertainment & Events

Find Us On Facebook:
www.facebook.com/pnweddingfayres
Email: info@pnweddingfayres.co.uk
Cane Hall, Cane Hill
Portsmouth, Hampshire PO16 8AS

Motors

SPONSORED BY PANTHER TRUCK RENTAL
 company info: www.panthertruckrental.co.uk



Don't get stung by an insurance write-off



on to unsuspecting motorists. Don't take for granted, write off HPI, yet a vehicle history check, such as the HPI Check to confirm a vehicle has a hidden past.

All vehicles that are written off are put to one of four categories, depending on the level of the condition. The categories include cars that can be repaired and returned to the road, or cars that are recommended to be totally scrapped and never returned back to the road, as long as the seller declares the facts and provides evidence that the car has passed a Vehicle Identity Check (VIC).

However, says HPI, a lack of good quality second hand cars for sale, means scrap yards are using a variety of ways of ensuring unscrupulous buyers out of their money. Daniel Bayton, Managing Director for HPI explains, "Crimes are more to be expected on a shortage of used cars for sale by legitimate write-offs as a good buy."

"It's all too easy to be taken in by buying a car with a low price, but it could be hiding a multitude of crimes that haven't been found. Unscrupulous dealers will sell a write-off to make a quick profit, but if the vehicle is not properly repaired any price is too high."

An HPI Check will give a used car buyer the complete picture of a vehicle's history, including revealing if there has been an insurance write-off and if so, which category. This offers protection from paying good money for a vehicle that is not fit for purpose and a possible safety risk. Daniel Bayton concludes, "A check against HPI's register will tell you if the car has ever been written off. However, we recommend that anyone looking to buy a car that has been declared an insurance write-off should seek to have it independently checked by Autodata or Thatcham to ensure that it is in fact road worthy before they part with their cash."

The All Categories of "Write off" Category 1: Repair only – cars with few or no economically replaceable parts and of value only for scrap metal e.g. total loss write-off. These vehicles should not appear on the road. Category 2: Break for spare parts of economically viable. These vehicles should not reappear on the road. Category 3: Repairable total loss vehicle where repair costs exceed the vehicle's pre-accident value. Category 4: Repairable total loss vehicle where repair costs do not exceed the vehicle's pre-accident value.

The HPI Check includes a mileage check against the Motorist Mileage Register (MMR) as standard, now with new anti-mileage misreporting. HPI also confirms whether a vehicle is currently recorded as stolen with the police, has outstanding finance against it or has been written off, making it the best way for consumers to protect themselves from fraudsters looking to make a fast profit. In addition, the HPI Check offers a Conquest Guarantee in the event of the substance it provides being incorrect, offering added financial peace of mind to used car buyers.

For further information, visit hpicheck.com.

HPI says used car buyers in protest themselves against the danger of purchasing a potentially stolen, trap misreporting as a bargain. Given 33 vehicles checked by HPI in 2012, that an insurance total loss otherwise known as a write-off. This equates to 105 cars a day or over 100,000 cars per year being dangerously repaired and sold

CAR AND VAN HIRE IN CHICHESTER



QUARRY LANE INDUSTRIAL ESTATE, CHICHESTER, PO19 8PQ.

**CAR HIRE FROM JUST £14.14 PER DAY + VAT
 £99.00 + VAT PER WEEK**

FULL VAN HIRE RANGE AT GREAT PRICES

BOXES AND PACKING MATERIALS AVAILABLE TO COLLECT

**SMALL BOXES JUST 75P
 MEDIUM BOXES JUST £1.99
 LARGE BOXES JUST £2.99**

**BUBBLE WRAP
 PARCEL TAPE
 WARDROBE BOXES
 TAPE GUNS
 ALL AVAILABLE AT GREAT PRICES**

LARGE QUANTITY IN STOCK. CALL IN OR SEE WEBSITE

**A FAMILY OWNED
 AND FAMILY OPERATED
 CHICHESTER BUSINESS**

AUDI Q5 4X4 RENTAL



Available now, see website or ring
 CHICHESTER 01243 778109



West Sussex Trading Standards
 Buy With Confidence
 Approved Trader

www.panthertruckrental.co.uk e-mail: enquiries@panthertruckrental.co.uk

FAMILY RUN BUSINESS - ESTABLISHED 1987

CHICHESTER 01243 778109

Who can you rely on for servicing, repairs and MOTs?

**We offer repairs &
maintenance on all
car makes**

- All vehicle makes serviced and repaired
- Reliable servicing at affordable prices
- Competent and trained technicians



Rew Auto Services Ltd

Unit 13 East Mead Industrial Est. • Lancing
Chichester • West Sussex • PO18 0DB
Tel: 01243 839 520
rewautoservices@yahoo.co.uk
www.rewautoservices.co.uk





NEW CLASSES! WITH FITJOY STARTING IN SEPTEMBER

● ADULT STREET DANCE MONDAY 8.15-9PM CENTRAL PRIMARY SCHOOL £4 per Class

Come and try Street Dance from the latest moving and sexy style music that you can see on the MTV music videos. Sessions will be devoted to the latest pop, R&B and chart music. Think Cam, Rihanna, Beyoncé, Lady Gaga and The Pussycat Dolls. Not only will you learn how to strut your stuff like a true star, the class is great for getting fit and boosting self confidence!

● HULA AEROBICS SUNDAY 7-7.45PM SWANFIELD COMMUNITY CENTRE £4 per session £2 to members

Keep Your Wits is a Fitness Research Hinging & cardio workout. Hinging improves core strength, tones your stomach, arms, thighs and buttocks, a low-impact, high-energy workout that can burn approximately 400 - 600 calories in an hour. Hinging improves your balance and posture, increases coordination and improves flexibility.

● Dance Aerobics Monday 9.30-10.30am Newell Centre £5 per session

Half hour of FitJoy Cardio aerobics to your favorite mix of dance songs through the early morning and pop songs. Half hour of traditional Aerobic toning routines to bring an Edge, Tone and Firm. This Class is a whole body workout.



● FITJOY Class Monday's 8-8.45pm Starts 23rd Sept. - In FitJoy's NEW Studio J1 Fitness Suite on Chester Pre-station roundabout

A class that focuses on all aspects of moving and is suitable for males and females, you will be regularly used through both major, TNA, Barre, ball training and Kick dance (the name is free) in our

new fully equipped studio you will learn techniques that are not possible in other classes and YOU WILL ACHIEVE RESULTS! As a result of FitJoy pre-station bookings only one Q&A and includes a weekly email and a complimentary class competition... 15 Spots in a first come first served, so book now fast.



CONTACT NATALIE
07738249612
NATALIE@FITJOY.CO.UK
WWW.FITJOY.CO.UK

**FITJOY CLASSES AVAILABLE IN CHESTER, BODNOR BRICK, BRACKLESHAM, CHILDRENS ZUMBA AVAILABLE ALSO!
PERSONAL TRAINING, SPORTS THERAPY, ZUMBA, STREET DANCE AND CHILDRENS PARTIES**



Football

City march on in cup

Saturday 5 September 2009

B&B Cup First Round
Chichester City 0-1 Aldershot

Chichester Chronicle

CHICHESTER progressed through to the Second Round of the B&B Cup with a 1-0 victory over H Albion, although it was a dire contest for the last part.

The Straggers arrived at Oldlands Park having failed to register a victory for the third week - having lost 4-0 the previous week - were not expected to gain many problems for the upcoming City side.

However, (as per operations manual) it was going to be a long afternoon when either Jim Gorman moved an open goal from a couple of yards out in the fifth minute.

Chichester were in desperate form, but their tactics of mindlessly playing long balls to Gorman proved ineffective with H Albion packing their defence

with backs.

A properly set minute shot from Tim Gorman in the left hand Straggers' keeper Glen Jenner took with his feet, and soon afterwards an over-powered blast from Jack Wardford crossed the post.

H Albion's only threatening spell of the game was at the start of the second half, with Drew Gossall's curling shot registering a fingertip save from Anthony Snook.

Finally though, Chichester made the decisive break when Gorman City popped straight down the middle of the pitch before driving a perfect through ball to Gorman who scored point blank in the left margin. Chichester could now afford to relax, and a great finish from Rob Goss in 75 minutes made it a 1-0 win securing a Second Round tie away to Luton.

City: Elder, Heath, Whelan, Eason, Hallett, Gray, Gorman, Cook, Gossall, Wardford, P. Smith, White, K. Wardage, Napier, Ann.



Straight from the commentary box

The wonders of technology



Johnny Cantor

On potential demands (yes, there are crazy spider) to my job is that you can spend hour after hour as you going to or from a game-up and down the commentary, doing it as hard as meat, coach as interview, most a contact etc.

One my mate, Chris etc but are usually looking to the rules (though that as I work for a radio station) (however, at times I am looking for something a little different from the emergence of the Internet where I have dipped more and more into the world of the post.

There are so many places to choose from. Sports, news, sport, sports, technology, (Wish - Yes, indeed, you can listen to it) Of course for Albion fans there is the club

podcast with local comedian last Stephen Grant which has some good points, as you would expect, and also has some instant banter to provide the boys at Albion. Rose also brings the club a bit with their show as well with a more serious point to it.

For the present football, I want to mention James Richardson is a writer on the Guardian's Football Weekly. It is more fun than the other straight local from The Game with Gossall's Weekly and both need to be listened to quickly before becoming out of date. BBC gives in-house and Fighting Talk how more frequently. After local recommendations we never there discovered a few others. The one came off for The Football Weekly and the one from the Albion which look focus on the Football Weekly. This probably don't read the old news world but a little bit of the same. In terms of other sports, the BBC's Golf Show is one that I admire. I know golf isn't everyone's cup of tea but they do it well.

The Guardian's Tech world you also can of experience it on line as you can listen but it makes things accessible to anyone. One



recent read example news from the Brighton Digital Festival on 3D printers.

I don't know what the essential requirements for a product but as ability to be fun and informative, power key. My one observation is that they are all just a bit too long. Horse and you can get a bit of insight and go on too much. On that note I will bring things to a close myself. Let me know on Twitter if you find some great new ones! Incidentally and probably most importantly, our own Third World podcast is available for 24/7 on every Saturday show with all the interviews and reaction the day's games via the BBC iPlayer. But then again I know you're all listening to us anyway.

Trial

Junior Open held at Goodwood

BRISTOL golfer Grigor Mountrich has topped an outstanding season by winning the Junior Open at Dail At Goodwood against a formidable line-up of competitors over the month of England.

The Mensing Heath player finished sixth one under par on the back nine of the Championship Down Course to beat local boy James Charles Strickland on a score back and was a year's membership at Goodwood.

More than 30 players took part in the second Robby Locke Junior Open named after the late South African golfer who won the Open Championship four times and was a frequent golfer mentor to Goodwood.

The previous successful season for Grigor who plays for Sussex Open and finished the team to victory in the South East European senior in the summer.

The 18 hole event once attracted players with handicaps ranging from 1 to 40. PGA Professional Ryan Foxwell, said: "It delighted with the standard and enthusiasm of all the competitors and we are encouraged by the progress of the youngsters in our junior section."

The lunch-up event was won by two year old 11-year-old James Goodwood had their own category for U 11s who was won by club member James Harg.





GRANARY FEEDS

HAS MOVED TO
RUSSELLS
GARDEN CENTRE



Open 7 days a week for all your animal needs

Food and bedding for horses, goats, chickens, dogs,
cats, rabbits, fish, guinea pigs, straw, hay, shavings,
horse rugs and equestrian and more!



**RUSSELLS GARDEN CENTRE
BIRDMAN**

FIND US ON THE ROAD TO WEST WITTERING BEACH

WWW.RUSSELLSGARDENCENTRE.COM